



CENTENNIAL TODAY

Tuesday, April 8, 2025 – Day 1

To speed up the process of serving you at lunch:

1. Please leave your backpacks or bags in your locker or outside the cafeteria service area
2. Please read the menu in the Centennial Today before entering the lineup
3. Use hand sanitizer before entering
3. Have your payment ready before you order
4. No touching items that you are not going to buy
5. Only those buying are permitted to enter the lineup. This will help speed up service.
6. No cutting into the line. Please wait your turn and line up in an orderly manner.



LUNCH MENU



Soup of the Day: Butternut Squash & Apple (GF) Vegan

Small \$2.50, Medium \$3.50, Large \$5.50

AM Break

Sausage & Egg Breakfast Sandwich \$3.00

Tortellini Alfredo w/ Chicken \$5.50

Dessert

Chocolate Cake \$3.00

Today's Menu

Grilled Cheese \$5.00

Chicken Pest Panini \$5.50

BBQ Pulled Pork Sandwich \$6.00

Meatball Sub \$6.00

Salads

Centennial Salad \$ 5.00 w/ Chicken \$7.00 (GF)

Spinach Kale Caesar Salad \$4.50 w/ Chicken \$5.50

Chopped Salad \$4.50 (GF)

ALL STUDENTS

Please pick up your pictures and student ID from the office – during lunch or after school.

Student emergency forms are due, please hand them in to the office.

CHARITY: WATER CLUB MATCHA LATTE SALE ON TUESDAY AND WEDNESDAY APRIL 8TH AND 9TH

Hello Centennial! Charity: Water Club is having a bake sale to raise money for clean water. We will be selling Gluten free Oat Milk Matcha Lattes, cookies, and brownies all for \$5 and below! All proceeds go to the Charity: Water Nonprofit, that supports over 700 million people without clean water!

International/ELL Student Only

Easter Cookie Decorating Party in F215 on Tuesday April 15th during lunch. It's a \$2 sign up, please register with Ms. Sousa to secure your spot.

Tea Around the World Event

The multi-cultural leadership students will be holding another tea event this semester on Thursday April 17th from 8am-8:45am in the foyer. Please come and enjoy some tea and treats. This is a free event for all staff and students

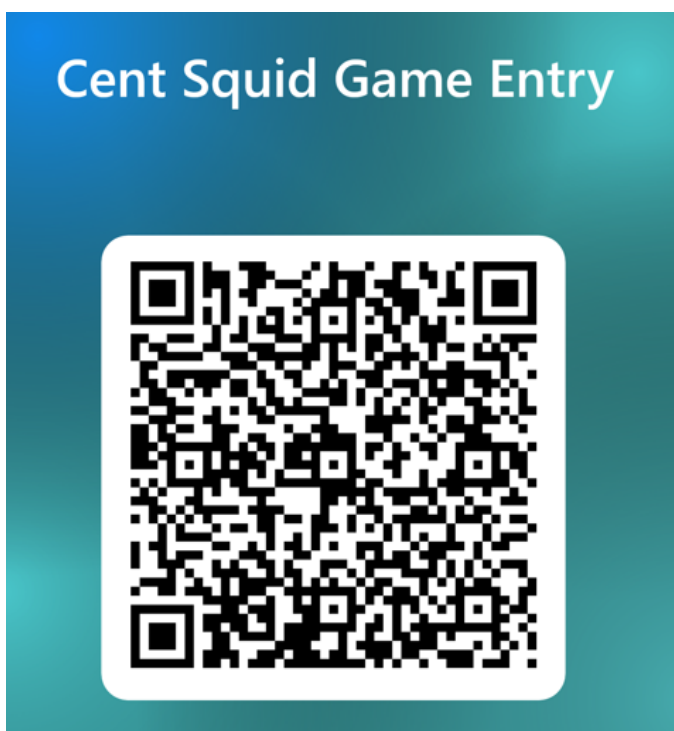
THE ISAAC NEWTON PHYSICS CONTEST

STUDENTS INTERESTED IN PARTICIPATING IN on MAY 1st should see Ms Curran in B220 or email her at mcurran@sd43.bc.ca
The contest is FREE and open to any and all physics students.

Squid Games

Compete in exciting games after school for a chance to win a JACKPOT PRIZE! Join Cent Squid Games now for only \$2!

Sign-up Form: <https://forms.office.com/r/zxA4REE8cE>



Spring is here!

We need to prepare our school garden for spring planting. Join us on Tuesdays and Thursdays after school 3:30- 4 in the garden or during Cent time on non-rainy days! Email Mr. Jonas for more information.

LIBRARY POET-TREE

Hey Centaurs!

It is National Poetry Month, and the Poet-Tree in the Library has started to bloom! Come in during the month of April to write a poem, ode, lyrics, haiku, a prose - whatever speaks to you, and add it as a leaf to our Poet-Tree. Every entry gets a candy, and the chance to win one of four free lunches in the Centennial Cafeteria!



We also have Magnetic Poetry happening on a two-sided white-board, so stop by to express your creativity!

FREE BOOKS IN THE LIBRARY!

The library has two carts of deleted books available to students on the main (stacks) level past the circulation desk. If you'd like some books for your home library, please stop by and help yourself!



EUROTOUR 2026

Paris, Nice, Florence and Rome!

Spring Break 2026

Add yourself to the Teams page?

(You need to use your school district email and password)

For more information, email lchambers@sd43.bc.ca or mmattson@sd43.bc.ca

Scan the code below!



Second Info Meeting for Eurotour

Bring your parents

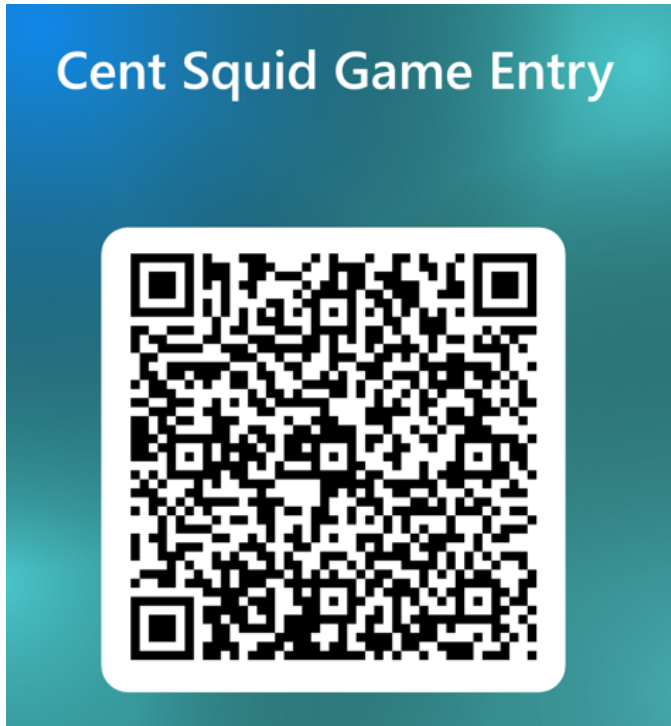
April 15th 7pm
Centennial Theatre

You do not have to attend this meeting if you attended the first info meeting.

Squid Games

Compete in exciting games after school for a chance to win a JACKPOT PRIZE! Join Cent Squid Games now for only \$2!

Sign-up Form: <https://forms.office.com/r/zxA4REE8cE>



Everyone has a responsibility for looking after our facilities at Centennial. If you see an issue with any of our washrooms, please report it.

No toilet paper or soap... report it!

A mess on the floor... report it!

Vaping... report it!

Damage... report it!



The Q&A (Queers and Allies) Club

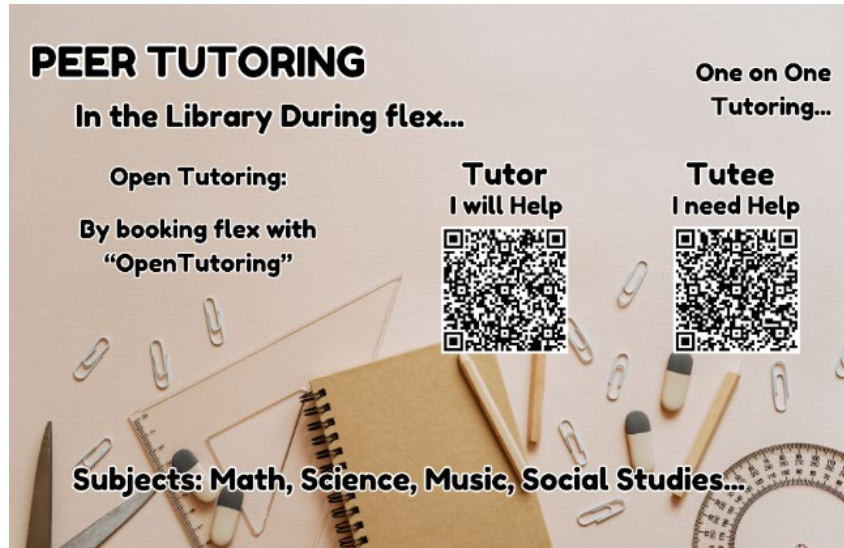
Will be meeting on **Tuesday April 8th** at lunch in the textiles room (E215) to plan activities and events for Pride Month in June. Everyone is welcome! If you have any questions, please talk to Ms. Munroe, Illing, or Mr. Mogensen. 😊

Paws Rescue Club: Paws Rescue Club is up and running! We help injured and unadoptable animals. Last year, we sponsored Bubba the cat! Please scan the QR code to join.

Tech Leader? Would you like to support the school as a tech leader? Please come to the library to speak to Ms. Olchoway or Mrs. Caldwell anytime to find out more!

Are you interested in becoming a Peer Tutor?

We are looking for students to make a once per week commitment during a Flex block. Please fill in the QR code to apply on the next page.



PEER TUTORING
In the Library During flex...
One on One Tutoring...

Open Tutoring:
By booking flex with
"OpenTutoring"

Tutor
I will Help

Tutee
I need Help

Subjects: Math, Science, Music, Social Studies...

The flyer features two QR codes: one for 'Tutor I will Help' and one for 'Tutee I need Help'. The background shows school supplies like a notebook, ruler, and paper clips.

CAREER CENTRE

Visit the online Centennial Career Centre Page - [Career Centre - Centennial Secondary School \(sd43.bc.ca\)](https://sd43.bc.ca)



@cent43carecentre

Employment/volunteering – Post Secondary Information-
Scholarships & Awards – Trades Training -

Mrs. Healey Wright, your Post-Secondary and Career Advisor, is on site Monday, Tuesday, Wednesday and Friday 8:00am – 3:30 pm.

email dhealeywright@sd43.bc.ca

General Information

EVENT VOLUNTEERS

Alzheimer Society Walk/IG Wealth Management. **May 25th**

[More information and contact info](#)

The Coquitlam Summer SOYL Program This year, Fresh Roots is hoping to run a full program of 25 youth (grades 9-12). Youth will get lunches twice a week, access to free cull veggies, and receive a \$600 stipend for successful completion of the program. **Apply ASAP**

The link to the application is here:

[Coquitlam SOYL Summer Program !\[\]\(7bc43b319a082987e20f7bf78f4bab80_img.jpg\) 2025 SOYL Program Flyer \(1\).pdf](#)

This summer, we will run SOYL in Coquitlam from **Tuesday to Friday, 9am-3pm, starting July 2nd and finishing on August 8th.**

What the "L" - 2 day Training for the ICBC Learners Permit Test.

New this year:

- Applications are now open to all SD43 students aged 16 and older.
- **Cost:** \$20. This includes breakfast, lunch, transportation to the ICBC testing center, and the fee for the Learner's Permit Knowledge test.

Program Details:

The Coquitlam School District is offering students the opportunity to participate in a 2-day instructional program with an ICBC instructor to help them prepare for the Learner's Permit test. On the second day of the program, students will take the Learner's Permit test, with the goal of successfully completing it. This program is designed for students who may face barriers

in obtaining their learner's permit, including but not limited to: test anxiety, learning challenges, financial need, limited access to resources or vehicles, and others.

- **Dates:** May 6th and May 13th **Time:** 9:00 AM – 2:00 PM
- **Location:** Winslow Center **Other:** Breakfast and lunch provided **Cost:** \$20.00

Details:

- The application package must be printed and completed **manually**.
- **Application Deadline: 3:00 PM on April 17, 2025.**
- All applications should be submitted to the school's Post-Secondary Advisor.

Selection will be based on the following factors: students' needs/barriers, age, attendance, and whether the student is in good standing with their home school.

[WHAT THE L APPLICATION 2025 .docx](#)

Occupational First Aid (OFA) Level 1

A one-day course designed to cover all medical techniques considered to be within the responsibility of the Occupational First Aid Level 1 Attendant as required by the Workers' Compensation Board of BC (WCB).

- Date: Wednesday May 21, 2025
- Location: Como Lake Middle School
- Time: 8.30am -4:30pm

Requirements:

- age: must be at least 16 years old at the time of the course

Students will pay \$95.00 (Normally \$130-\$150 to non-members)

- Must have valid government-issued photo ID is required to receive a certificate (ex: driver's license, passport, NEXUS, BCID,...)

Details:

- The application package must be printed and completed manually.
- **Application Deadline: 3:00 PM on April 17, 2025.** [FIRST AID AND CPR APPLICATION 2025 .docx](#)
- All applications should be submitted to the school's Post-Secondary Advisor.

Selection will be based on the following factors: first-come first-served, age, attendance, and whether the student is in good standing with their home school.

Upcoming info sessions – in-person @Douglas College

Tue Apr 15, 2025 @ 5:00 PM

New Westminster Campus Concourse

Wed Apr 16, 2025 @ 5:00 PM

Coquitlam Atrium

Grade 12



LOCAL SCHOLARSHIP FORM (DUE APRIL 9TH) & DISTRICT SCHOLARSHIP FORM (DUE APRIL 15TH)

[Centennial Info Sheet - Local Scholarships/District Scholarships](#)
[Career Centre - Centennial Secondary School](#)

GRADE 12'S - 60+ SCHOLARSHIPS JUST FOR YOU!! \$500 - \$2,000

DEADLINES APRIL 9TH & APRIL 15TH FOR SD43 AWARDS SEE DETAILS ON THE INFO SHEET:

[2025 CENTENNIAL LOCAL INFO SHEET Update.pdf](#)

Scholarship forms – Grade 12's

2025 Local Scholarship
and DAA form
<https://forms.office.com/r/R3qmx2f5rf>
Due April 9/2025



District Form
<https://forms.office.com/r/rckQCrEU9W5>
Due April 15/2025



U of T VIRTUAL INFO SESSION - ADMITTED STUDENTS

[Meet a Nobel laureate](#) **April 10 5pm PST**, Register at the link. Details on the career centre.

KNOW YOUR SFU BURNABY - FOR ACCEPTED/UNDECIDED STUDENTS

On campus - the admissions team will be there to assist. April 24th 5 - 8pm Register here:
[#KnowYourSFU Burnaby Events - Fall Term Start \(September 2025\) - Simon Fraser University](#)

DOUGLAS COLLEGE ENTRANCE AWARDS **DEADLINE EXTENDED**

[Entrance Awards & Scholarships | Douglas College](#)

Students who meet the criteria should **apply by April 15th, 2025.**

Bursaries are available Aug 15 - Sep 15 for new students with financial need.

[Awards, Bursaries & Scholarships | Douglas College](#)

NOW OPEN - The Horatio Alger Vocational and Technical Scholarships FOR GRADS

[Vocational & Technical Scholarships - Horatio Alger Canada](#) FOR individuals pursuing a certificate or diploma program. **125 of the awards are only for BC residents ONLY & require <\$100,000 income** (the others are <65K) Some awards are now \$9,000 (70)

Deadline June 15th.

SPORTS

JR & SR Badminton

Congratulations to the JR Badminton teams for their overwhelming victory against Heritage (boys 7-0, girls 6-1). They also had a close match with Charles Best (boys 3-4, girls 3-4). Extra congratulations to Maya, Sanca, Aison, Stark, and Justin for winning all their matches. Go Centaurs!!

Our last home game will be held in the Blue Gym April 17th.

Jr Girls Soccer:

The Junior Girls Soccer Team plays here at Centennial after school on Wednesday, April 9. Come cheer them on!

Centennial Ultimate Frisbee Team:

Are you a girl who missed the tryouts for Ultimate Frisbee, but think it sounds fun? You're in luck!

The Ultimate team still has space for 4 more girls - you need to be available for 2:30pm games on Fridays until May 9.

If you are interested, see Ms. Purdey in room B212 at lunch or email her Lpurdey@sd43.bc.ca.



Centennial Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55
BLOCK 1 9:00-10:12	BLOCK 1 9:00 - 10:02	BLOCK 1 9:00-10:12	BLOCK 1 9:00 - 10:02	BLOCK 1 9:00 - 10:12
BLOCK 2 10:16-11:28	ExFLEX 10:06 - 11:11	BLOCK 2 10:16-11:28	CENT TIME 10:06 - 11:11	BLOCK 2 10:16-11:28
Lunch 11:28 - 12:13	BLOCK 2 11:15 - 12:17	Lunch 11:28 - 12:13	BLOCK 2 11:15 - 12:17	Lunch 11:28 - 12:13
BLOCK 3 12:13 - 1:25	Lunch 12:17 - 1:05	BLOCK 3 12:13 - 1:25	Lunch 12:17 - 1:05	BLOCK 3 12:13 - 1:25
ADVISORY/FLEX 1:29 - 1:59	BLOCK 3 1:05 - 2:09	FLEX 1:29 - 1:59	BLOCK 3 1:05 - 2:09	FLEX 1:29 - 1:59
BLOCK 4 2:03 - 3:15	BLOCK 4 2:13 - 3:15	BLOCK 4 2:03 - 3:15	BLOCK 4 2:13 - 3:15	BLOCK 4 2:03 - 3:15